



**Epi Update for Friday, August 10, 2018  
Center for Acute Disease Epidemiology (CADE)  
Iowa Department of Public Health (IDPH)**

**Items for this week's EPI Update include:**

- **CDC updates Zika sexual transmission guidance for men**
- **Measles case confirmed in Minneapolis area**
- **Reminder: MERS risk and Hajj**
- **Rocky Mountain spotted fever toolkit**
- **Free CDC Junior Disease Detective graphic novel**
- **In the news: An invasive new tick is spreading in the U.S.**
- **In the news: As tick bites rise, so do meat allergies**
- **Infographic: Timeline of Rocky Mountain spotted fever signs and symptoms**
- **Meeting announcements and training opportunities**

**CDC updates Zika sexual transmission guidance for men**

CDC now recommends that men with possible Zika virus exposure wait for at least three months after symptom onset (if symptomatic) or their last possible Zika virus exposure (if asymptomatic) before engaging in unprotected sex. Previous guidance recommended exposed or infected men wait six months before engaging in unprotected sex.

All other guidance for Zika virus remains unchanged.

To view the full guidelines, visit

[www.cdc.gov/mmwr/volumes/67/wr/mm6731e2.htm?s\\_cid=mm6731e2\\_w](http://www.cdc.gov/mmwr/volumes/67/wr/mm6731e2.htm?s_cid=mm6731e2_w).

**Measles case confirmed in Minneapolis area**

A confirmed case of measles has been reported in Hennepin County, MN, which is part of the Minneapolis/St. Paul area. The unvaccinated child became ill in early August after returning from international travel. The child was likely infectious from July 30 through August 7. Public health is working to notify people who may have been exposed in specific settings.

Stay vigilant for patients presenting with febrile rash illness and cough, coryza or conjunctivitis, especially if they are unvaccinated or have a known exposure. If you suspect a patient may have measles, please contact IDPH immediately at 800-362-2736 during business hours or 515-323-4360 outside business hours.

To view the full press release regarding the measles case in Minnesota, visit

[www.health.state.mn.us/news/pressrel/2018/measles080718.html](http://www.health.state.mn.us/news/pressrel/2018/measles080718.html).

**Reminder: MERS risk and Hajj**

The annual Hajj, or pilgrimage to Mecca, Saudi Arabia, will take place August 19-24. Around the U.S., health departments generally see an increase in physicians suspecting MERS among recent travelers in the weeks following Hajj.

Health care providers should routinely ask patients about their travel history and immediately contact IDPH about any patient suspected of having MERS. Most people with confirmed MERS infection have had severe acute respiratory illness including symptoms of fever, cough and shortness of breath.

For more information, including guidance for travelers to the Arabian Peninsula, visit [wwwnc.cdc.gov/travel/notices/alert/coronavirus-saudi-arabia-qatar](http://wwwnc.cdc.gov/travel/notices/alert/coronavirus-saudi-arabia-qatar).

**Rocky Mountain spotted fever toolkit**

CDC has published a toolkit to aid in the diagnosis and treatment of Rocky Mountain spotted fever (RMSF) and other tickborne diseases. The toolkit features free continuing education in several professional categories.

Most people ill with RMSF will have a fever, headache and rash. RMSF can be deadly if not treated early, and is spread by several species of ticks in the U.S. On average, about 10 cases of RMSF are reported annually in Iowa. So far this year, 14 cases have been reported in Iowa.

To view the toolkit, visit [www.cdc.gov/rmsf/resources/toolkit.html](http://www.cdc.gov/rmsf/resources/toolkit.html).

**Free CDC Junior Disease Detective graphic novel**

CDC, in collaboration with USDA and 4-H, has released a graphic novel to help young people understand the health risks of human influenza infections from viruses that normally circulate in swine (known as variant flu infections). The novel, available as a free mobile app, follows a group of teenage 4-H members who attend a CDC Disease Detective camp. When a member of the group becomes sick after attending a state fair, the group uses their new detective skills to solve the mystery of how their friend became sick.

CDC also worked with teachers participating in its Science Ambassador Fellowship to develop educational activities for use in middle and high school classrooms. These activities will be released with the graphic novel.

To download the free novel *The Junior Disease Detectives: Operation Outbreak*, visit [www.cdc.gov/flu/graphicnovel](http://www.cdc.gov/flu/graphicnovel).

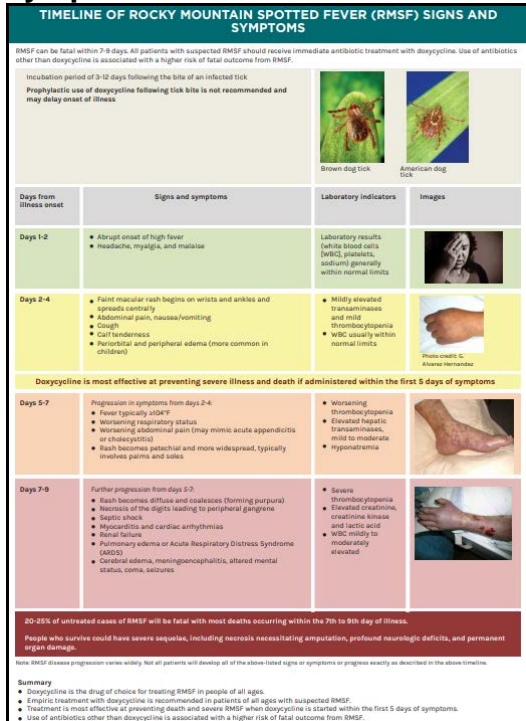
**In the news: An invasive new tick is spreading in the U.S.**

[www.nytimes.com/2018/08/06/health/asian-long-horned-tick.html](http://www.nytimes.com/2018/08/06/health/asian-long-horned-tick.html)

## In the news: As tick bites rise, so do meat allergies

[www.webmd.com/skin-problems-and-treatments/news/20180806/as-tick-bites-rise-so-do-meat-allergies](http://www.webmd.com/skin-problems-and-treatments/news/20180806/as-tick-bites-rise-so-do-meat-allergies)

## Infographic: Timeline of Rocky Mountain spotted fever signs and symptoms



To view in full size, visit

[www.cdc.gov/rmsf/pdf/Clinical\\_Timeline\\_Rocky\\_Mountain\\_Spotted\\_Fever\\_08\\_English\\_7-2-2018-3-P.pdf](http://www.cdc.gov/rmsf/pdf/Clinical_Timeline_Rocky_Mountain_Spotted_Fever_08_English_7-2-2018-3-P.pdf).

## Meeting announcements and training opportunities

None

## Have a healthy and happy week!

Center for Acute Disease Epidemiology

Iowa Department of Public Health

800-362-2736